

Fall  
RECIPE

2

## Spicy Bean Burger



### Ingredients:

2  $\frac{1}{4}$  cups dry rice cereal

1 cup pinto or black beans

1 egg, slightly beaten

2 teaspoons chili powder,  
or your favorite spice

$\frac{1}{4}$  teaspoon water

$\frac{1}{4}$  teaspoon salt

$\frac{1}{3}$  cup onion or bell pepper,  
finely chopped

1 tablespoon butter

### Directions:

Crush  $\frac{3}{4}$  cup of the rice cereal into fine crumbs, then set them aside. In medium bowl, combine the remaining 1  $\frac{1}{2}$  cups cereal, beans, egg, water, chili powder (or seasoning), and salt. Coarsely mash the mixture. Stir in onion or bell pepper. Use a  $\frac{1}{2}$  cup measure to portion mixture into 4 mounds. Shape each portion into a  $\frac{1}{2}$  inch thick patty and coat with crushed cereal. Cook patties in a large nonstick skillet coated with butter over medium-high heat for 6 to 10 minutes, or until golden brown, turning once and adding additional butter to skillet when needed. Serve with hot sauce or salsa, if desired.